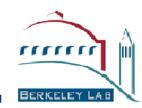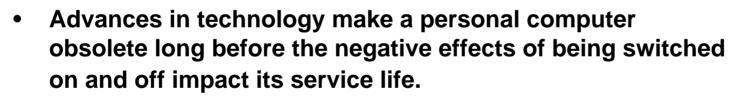# Electrical Energy Saving Tips for Computer Use from DOE

- **Personal computers use about the same amount of energy to startup as they use when they are on for about two seconds. For energy savings, consider turning off**
  - the monitor if you aren't going to use your PC for more than 20 minutes,
  - both the CPU and monitor if you're not going to use your PC for more than 2 hours.

- **Advances in technology make a personal computer obsolete long before the negative effects of being switched on and off impact its service life.**

- **Enable power-saving feature of computers and monitors.**

- **PCs produce heat, so turning them off reduces building cooling loads.**

- **Use networked printers rather than desktop printers.**

For more information contact Ron Pauer, EH&S Division (x7614).